



How are Community and Town Councils Supporting Food Poverty?

Un Llais Cymru



One Voice Wales

At a glance

Community and town councils across Wales are actively engaging in coordinated efforts to combat food poverty through a variety of impactful local initiatives:

These efforts combine immediate aid with long-term sustainability, bringing together councils, charities, housing associations, schools, and volunteers to deliver practical support, build community capacity, and reduce food insecurity across Wales.

Challenges

Communities across Wales are facing growing challenges related to food poverty, driven by rising living costs, low incomes, and limited access to affordable, nutritious food. Many families are forced to rely on food banks or emergency support, while rural areas in particular struggle with food access due to transport barriers and fewer local services.

Solutions

Communities in Wales are responding to food poverty with a range of grassroots solutions that combine emergency support with long-term resilience.

Councils and voluntary groups are working together to fund local projects, improve food distribution networks, and support vulnerable households, creating more inclusive and community-driven approaches to tackling hunger and food insecurity.



FOOD BANKS : By working with partners, community and town councils are supporting food banks through grants, donations, providing venues and offering free food initiatives



COMMUNITY FRIDGES & LOW COST FOOD PANTRIES:

Through Community fridges and pantries councils can foster mutual support within neighbourhoods by encouraging residents and businesses to donate surplus food for distribution and reduce food bank stigma by offering access to essential food and household items.



LUNCH CLUBS & FREE MEAL PROVISION: By providing lunch clubs and free meals to older people and families councils are offering nutritious meals whilst providing social interaction. Holiday clubs extend this support to children and families during school breaks, offering meals alongside fun, structured activities.



COMMUNITY GARDENS: Community gardens and food growing projects promote healthy eating, sustainability, and local food resilience.



**CYNGOR TREF
CWMAMAN
TOWN COUNCIL**

Cwmaman Town Council receive redistributed food from Fair Share and also work with the Food Share Coop to provide a community pantry.

They charge a small amount of money for people to become members and buy the food; members are able to do a weekly shop for their family, whilst keeping the bill at a fixed, affordable price.

Since its launch, the Pantry has provided thousands of food parcels, helping to reduce food poverty and promote dignity in food access.

"Without the Pantry, I don't know how I'd manage – it's a lifesaver."



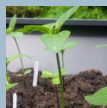
Watch our One Voice Wales visit to Cwmaman Town Council Community Pantry



Impact

Community and town councils play a key role in tackling food poverty by supporting local projects that ensure access to healthy food. By funding grassroots initiatives, they meet urgent needs and support long-term solutions. Councils improve food access, especially in rural areas, identify vulnerable households, reduce isolation, and build stronger, more resilient communities.

More Examples of Good Practice

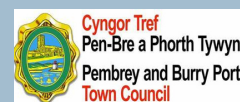


Mumbles Community Council Crop Collective is a community-led project tackling the rising cost of living by helping residents grow their own food. Six growing sites have been identified and are being equipped with raised beds in partnership with volunteers. The council offers training and expert support to help households learn food-growing skills. Less able volunteers can also take part by growing plants at home for the community beds



Food & Fun Camps

Blaenavon Town Council is supporting children's wellbeing through play, sport, music, cooking, and craft activities with free healthy breakfast and lunch provided daily during the school holidays. A Family Breakfast every Friday encourages community and parent involvement. This simple, inclusive model promotes health, engagement, and connection.



Fruity Friday, run by Pembrey and Burry Port Town Council since 2020, gives registered children a free bag of 4 fresh fruits every Friday during the summer holidays, along with fun activities and recipes. The project promotes healthy eating, supports families facing food poverty, and encourages kids to try new fruits. In 2024, over 90 children received 503 fruit bags over six weeks.



Welshpool Town Council run a successful **"Give and Take"** food swap stall encouraging residents to share surplus homegrown produce. Locals can donate or pick up what they need—free of charge. This simple initiative reduces food waste, supports community sharing, and promotes local food growing.



Flint Town Council has partnered with Can Cook to give residents access to Well-Fed at Home meals, slow-cooker bags and easy recipe packs at affordable prices.

Well-Fed is a social business created by Flintshire County Council, ClwydAlyn Housing Association and Can Cook, with the aim of ensuring everyone can eat well, regardless of income.



Hirwaun & Penderwyn Community Council offer soup socials as part of their warm space provision; attendees also get to take away veg packs to make meals at home. Over the Summer they have been providing a recipe and all the ingredients to make nutritious vegetable based meals.

Funding & Powers

All community councils in Wales need specific legal powers that enable them to provide various services and support for their local communities. These powers, granted by legislation, allow councils to undertake a wide range of activities and initiatives to improve the well-being and quality of life for residents. Powers and justifications can differ, and councils should consider their specific circumstances.

For advice and guidance, councils may wish to contact their One Voice Wales Development Officer.

admin@onevoicewales.wales

Want to Find Out More?

For more information on the One Voice Wales Cost-of-Living Crisis project contact the team at:



CoLC@onevoicewales.wales



<https://bit.ly/3KYHftK>



[Cost of Living Website](#)